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PUTTING THE 'SPA' IN YOUR SPACE {page 23}

STAND UP
A-LIST JOINS CANCER TELETHON {page 16}

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Maryland. Standoff

▶ Police block the street in front of the Discovery Channel's U.S. headquarters yesterday.

JOSE LUIS MAGANA/THE ASSOCIATED PRESS

Hostage taker killed by police

Police shot and killed a man upset with the U.S. Discovery Channel's programming who took three people hostage at the company's headquarters yesterday in Silver Spring, a Maryland suburb of Washington, D.C. The hostages escaped safely. Story, page 10.

More charges for Paxton

- **Original torture victim's family hopes changes are made to 911 system if investigation reveals problem**
- **Dustin Paxton is due to appear in court tomorrow**

A man charged in a disturbing case of alleged torture involving his former roommate is now facing additional charges related to a girl under the age of 18.

Dustin Paxton, 30, was already facing charges that include aggravated assault and forcible confinement. The alleged victim in that case is a 26-year-old former Calgary man who lived and worked with Paxton in both Calgary and Regina.

Police Insp. Monte Sparrow said Paxton will now be charged with new counts of forcible confinement and aggravated assault.

He wouldn't give any details about the alleged victim, except to say she was underage and known to Paxton.

"She did not (come forward)," Sparrow said. "During the course of our investigation we identified her as a potential victim.

"We contacted her and based on a statement she provided we have two charges against him with her as a victim."

Sparrow said officers are continuing to investigate whether other crimes were committed.

Calgary police also had more to say yesterday about a 911 call made on Feb. 28 that was connected to the original alleged assault case involving the former Calgarian.

The call, alleging an assault, was made at 6:30 p.m. that day but officers were never dispatched.

Sparrow said the caller was male, but was not the victim himself.

It did originate in Calgary, but not from the residence where Paxton and his roommate were living, nor from a neighbour.

THE CANADIAN PRESS

911 fallout

Calgary Police Service Deputy Chief Trevor Daroux said the 911 call centre receives about 900,000 calls per year.

- "What concerns me is we didn't meet the public expectation," said Daroux. "We need to find out why not, and what do we do to make it better."
- The original victim is now recovering in Victoria.

Is judge fit to serve?

Manitoba justice under review after sex scandal {page 7}

Canada kaput at FIBA Worlds

Another failure for men's national basketball team {page 26}

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AMVIC LICENSED

Scientists should sort out the science: Stelmach

Government scientists should sit down with a prominent oilsands critic to figure out why his conclusions about the source of toxins in the Athabasca River are so different than theirs, said Alberta Premier Ed Stelmach.

"If it's an issue where one scientist and another disagree, then let's come together and find out why the disparity in the data," said Stelmach yesterday.

On Monday, the University of Alberta's David Schindler published a new study that he says proves industry is emitting heavy metals including mercury and lead into the Athabasca watershed. THE CANADIAN PRESS

Private-school funding hurts public schools: NDP

Public school fees would be less if the provincial government stopped funding private schools, NDP education critic Rachel Notley said yesterday. The 2010-11 budget shows $171 million being used to subsidize private schools, she said.

▶ Notley

"Public school parents are being forced to pay significant fees because the PC government is propping up private schools and underfunding public schools," Notley said.

METRO CALGARY

METRO CALGARY FILE

▶ Wonder if they even count bike speed traps in Calgary? A U.S.-based website says Calgary ranks highest in citizen-reported speed traps in Alberta cities.

Calgary tops in traps: Website

- Information gathered from the National Speed Trap Exchange
- Site ranks cities both above and below population of 100,000

MONIQUE MASSIAH
CALGARY@METRONEWS.CA

Calgary has the highest number of citizen-reported speed traps in Alberta, according to a U.S.-based website.

The website speedtrap.org logs citizen reports of speed traps, and Calgary ranks highest in the province, with Lethbridge leading in the under-100,000 population category.

Gary Biller from the U.S.-based National Motorist Association believes it boils down to one thing — cash.

"Traffic tickets have been a tried and true method of revenue," said Biller.

"It's not about safety."

The site's ranking system is based on information submitted by the public with roughly 100 listed for Calgary.

"The city releases in advance to the public, monthly traffic updates and positioning of 48-intersection safety cameras, according to Calgary Police.

"Speed alone can kill," said Const. Jim Lebedeff of the Calgary Police Traffic Unit.

"We now have the highest number of registered vehicles on the roadway — ever."

Last year $34.2 million of the city's revenue came from traffic speed enforcement on red light, green light camera, and mobile photo radar, according to the police.

Safety first

- Const. Lebedeff said last year 37.5 per cent of Calgary's accidents were fatal.
- If people slow down, more lives will be saved, he said.
- Trapster, a new mobile application for your phone, works by posting the location of any police unit on your mobile device.

Home sales drop as market corrects itself

Calgary single-family home sales plummeted 32 per cent in August compared with the same period last year, according to the most recent figures released by the Calgary Real Estate Board.

Condominium sales also plunged, dropping 42 per cent compared with 2009.

"Calgary's housing market has been undergoing a measured correction over the past four to five months," said Diane Scott, president of CREB.

$445,617
The average price of a single family home in Calgary

METRO CALGARY

CONTRIBUTED

News in brief

Woman hit by truck dies

FATAL. A 23-year-old woman was killed late Tuesday when she was struck by an SUV while crossing the street in the city's southeast. The woman was struck in the intersection of 17th Avenue and 44th Street SE and was pronounced dead on scene. Alcohol is not believed to have been a factor. METRO CALGARY

Correction

BOYCOTT. The Canadian Press reported Aug. 27 that four major U.S. companies were joining the move either to avoid or completely boycott fuel produced from Alberta's oilsands. The headline was: More major U.S. corporations join boycott of Alberta oilsands fuels. But only Walgreens is switching fuel suppliers, while The Gap, Timberland and Levi Strauss have told their contractors they will give preference to those who avoid oilsands oil. THE CANADIAN PRESS

1 news

News on the move

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Liberals set the stage for fall grudge match with Stephen Harper. Video at metronews.ca/canada

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SCANLIFE

Survivors of entrapment have words of advice for trapped Chilean miners. Scan code for story.

CivicCamp to host forums for candidates

Calgarians have a chance to ask mayoral and aldermanic candidates of the upcoming election questions that really matter to them.

CivicCamp chair Peter Rishaug announced the dates of 15 upcoming Citizen's Forums directed at giving people a say leading up to the Oct. 18 election.

"What we have found is that it's less about the pedestrian bridge and airport tunnel and more about longer term issues that will affect the city," Rishaug said.

He added the CivicCamp forums allow people to get involved and ask the questions that matter to them, rather than have a third-party moderator.

"We're giving Calgarians a chance to get to know their candidates and better understand the issues," he said.

Rishaug said more than 100 Calgarians have already submitted questions over the past three months and voted 808 times online. KRISTA SYLVESTER

Go camping

- People have until Sept. 20 to submit their questions online at CivicCamp.org/2010election.
- The mayor and alderman forums begin on Sept. 20 and run until Oct. 13 throughout the city.
- In past elections, some wards have not even had even one candidates' forum.

INVESTIGATION

Medics restrain patient

Alberta Serious Incident Response Team (ASIRT) officials are investigating after Calgary police officers assisted paramedics in restraining a combative patient.

Insp. Guy Slater said four police officers responded to the call for assistance Tuesday night in the city's northeast to assist in restraining a man in his 40s who was under medical duress. The man is in critical condition in hospital. "There is no indication at this time of an elevated use of force involving a baton, pepper spray, conductive energy weapon or a firearm," Slater said.

John Dooks

Calgary Police Association president John Dooks said police used physical force.

"He is known to police. He was known to me in 1985 in that same area when I was on patrol," Dooks said, adding he was involved in a struggle with the man.

EMS spokesperson Adam Loria said the man was already in critical condition when paramedics arrived on scene. KRISTA SYLVESTER

Police bust suspected bootleggers

Peace River RCMP executed a search warrant on the Woodland Cree First Nation approximately 85 kilometres north of Peace River, Alta., in search of a suspected bootlegging operation.

The occupants had been allegedly illegally selling alcohol from their residence, according to officials.

Charges are pending against numerous individuals. METRO CALGARY

Ex-cop gets jail term for child porn

A former Calgary police officer has been sentenced to one year in jail and three years' probation for accessing and possessing child pornography on his home computer.

Paul Roger Villecourt, 37, was caught with 178 image and 14 videos on his computer over three years ago. He claimed he was required to view them as part of his job.

Villecourt pleaded guilty in May to the charges. METRO CALGARY

ANDREAS MORSE/METRO EDMONTON

▶ Police stand behind a chain link fence surrounding the Beverly Motel in Edmonton, shut down yesterday by the SCAN unit.

Provincial crime unit shuts down Edmonton motel

Drugs and prostitution commonplace at Edmonton site, say city police ◐ An elderly woman will be allowed to remain in the building

ANDREAS MORSE
@METRONEWS.CA

Over the last three decades, room service has taken on a whole new meaning at the Beverly Motel, and yesterday the east Edmonton business got a wake-up call.

The Beverly Motel became the first motel in the country to be shut down by a police Safer Communities and Neighbourhoods (SCAN) unit.

"For at least the last 30 years, the community surrounding this motel has witnessed numerous complaints of drugs, drug trafficking and prostitution, all within this hotel and the surrounding area," said Alberta Law Enforcement Response Team's Sgt. Chip Sawchuk, acting manager of the province's SCAN unit.

"They're going to have to bring the motel up to the standards required."

According to Sawchuk, police have responded to almost 800 complaints at the Beverly since 1996.

In June of 2009, the SCAN unit opened an investigation on the business.

The owners were issued a warning letter but did not comply. Now the motel has to remain shut for 30 days while the conditions set out by the community safety order are met.

Sawchuk said this is a unique case in the province.

"At this time we have no other motels or hotels that we've got complaints on in the City of Edmonton and in the northern part of the province," he said.

"I don't believe there are any in the south either."

Closures

- The Calgary-based Alberta Law Enforcement Response Teams (ALERT) have conducted three closures in the south area, while the north team has conducted seven since the program was formed in 2008, according to officials.

Stelmach 'upset', but won't change movie funding

Alberta Premier Ed Stelmach is upset that an anti-oilsands documentary received provincial funding. But Stelmach isn't apologizing for the $54,000 received by the producers of the movie "Dirty Oil," saying that allowing politicians to make funding decisions based on content could lead to censorship.

Stelmach said the funding program in question is under review as part of a general consideration of all government programs.

The producers received the money based strictly on the amount of Alberta involvement and how much money was spent in the province.

Stelmach said Alberta has benefited greatly from film activity in the province through direct economic impact and boosting tourism. THE CANADIAN PRESS

▶ Premier Ed Stelmach

PROPERTY

Candidate would freeze taxes

Campaign promises came out yesterday, as one candidate wants to put city taxes on ice.

Wayne Stewart yesterday said he would freeze Calgary property taxes, starting with the 2012 budget year, if elected.

"Calgarians have lost trust in their elected officials to govern and spend their hard-earned money," Stewart said in a release.

"The audit fiasco this spring showed the folly of awarding untendered contracts, having massive cost overruns, and then turning around and handing the bill to taxpayers."

METRO CALGARY

Tears as kids head to class

Eight new Calgary schools have opened this year due to a provincewide program ◐ Schools are expecting an increase this year

KRISTA SYLVESTER
@METRONEWS.CA

Today is a bittersweet day for a lot of parents across the city as kids trot back to school.

But for parents of children going to school for the first time like Stephanie Page, 27, whose five-year-old son is going into Grade 1 today, it's a little more emotional.

"I don't think he will be crying but I'm sure I will be when I walk him into school for the first time and let his hand go," she said.

"My little baby has grown up so fast."

Page said her son was in kindergarten last year but this year will be a lot different.

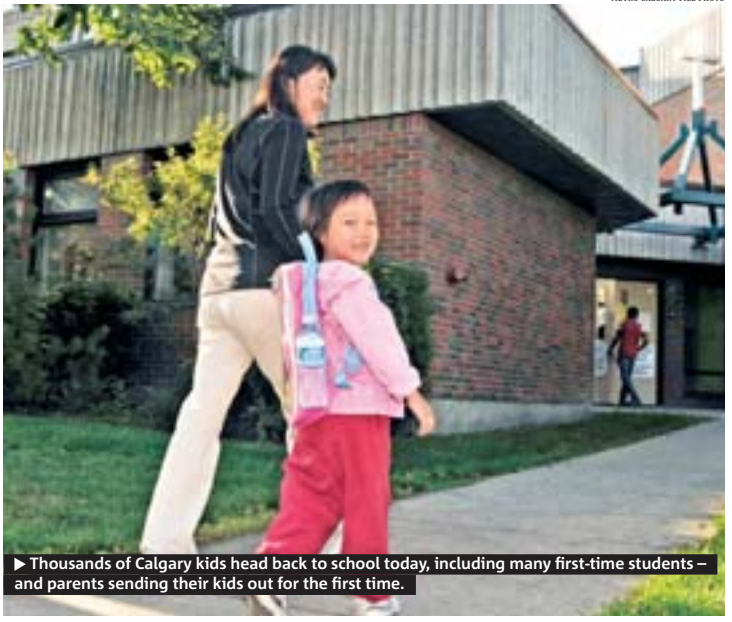
"I was able to drop him off and pick him up every day but now I'm in school again, and the daycare will have to bring him for me. It's an uneasy feeling not being there."

Calgary Catholic School District spokesperson Janet Corsten said there are opportunities for students to meet their teachers before school kicks off.

"Usually that helps ease some of the anxiety by being comfortable for the first day of school," she said.

Corsten also wanted to remind parents and children about the importance of bus safety around the schools.

METRO CALGARY FILE PHOTO



▶ Thousands of Calgary kids head back to school today, including many first-time students – and parents sending their kids out for the first time.

144K

The approximate number of students in Calgary and area schools during the 2009/2010 school year

Money

Parents will spend on average $400 on school supplies this year, according to a Scotiabank study.

▶ **Parents talk finances** First-time school parent Stephanie Page said it's been hard to adjust to the financial burden of sending her son to school for the first time.

Slow down in school zones: Cops

Calgary police are reminding motorists to slow down for school zones, which have begun at 7:30 a.m. and ended at 5 p.m. since Aug. 1. The ticket for speeding in school zones start at $103.

KRISTA SYLVESTER

Rights group chides website

CalgaryFinder.com has been given a letter by a civil liberties group for its decision to run a controversial racist ad on its website last week.

The Rocky Mountain Civil Liberties Association (RCMLA) has requested CalgaryFinder.com post its official policy following a decision to run a house-for-sale ad stating the owner would sell to "whites only."

"It's extremely abhorrent anyone in Calgary would post such an ad and it should not have been posted," RCMLA's Kelly Ernst said.

Ernst hopes the company avoids such discrimination in the future.

KRISTA SYLVESTER

No comment

CalgaryFinder.com did not respond to Metro for comment before press time but stated previously it ran the ad because it was not "unlawful." The ad has since been removed.

Feds fund native youth projects

The federal government announced $243,800 in funding for Calgary-area aboriginal youth projects, to go towards the New Tribe magazine and the Aboriginal Youth Animation Project, among others.

METRO CALGARY

Hearing set for mom in deaths case

An Alberta woman accused of killing her two young children will face a preliminary hearing to determine evidence to send her to trial. The hearing for Allyson McConnell will begin April 18.

THE CANADIAN PRESS

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TRADES COMPETITION

Calgary's got skills, to the tune of $1.4M

World Skills 2009 brought in $1.4 million for Alberta Heritage for World Skills scholarships.

A legacy event held yesterday showcased the success of Calgary's 2009 team and the attention the event brought to the trades industry in Alberta.

"I'm pumped, it's pretty exciting," said Sean Donnan, a member of Canada's 2011 team.

"It's something the new apprentices can look up to."

After hosting the 2009 edition of the World Skills competition, Calgary saw a 65 per cent increase in the number of high school students participating in provincial trades competitions.

Chris Browton, executive director of Skills Alberta said, "This is where the lesser known occupations get some profile."

Canada is sending 35 competitors to the World Skills 2011 event in London.

MONIQUE MASSIAH

News in brief

New mentor for local writers

BOOKS. Canadian mystery novelist Gail Bowen is the 2010 writer in residence for the Calgary Public Library. Bowen will be at the Memorial Park Library from Sept. 1 to Nov. 30 to assist local writers.

Ex-coaches get admin roles

SKATING. Former speed skating coaches Marcel Lacroix and Shawn Holman took over administrative positions with at the Olympic Oval yesterday.

Lacroix will be the associate director of sport for long track, and Holman for short track.

METRO CALGARY

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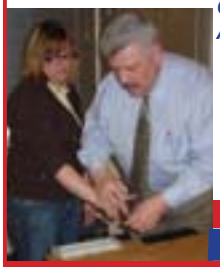

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info2 know

Dangers of the Bow River weirs

The Bow River weirs can kill you.

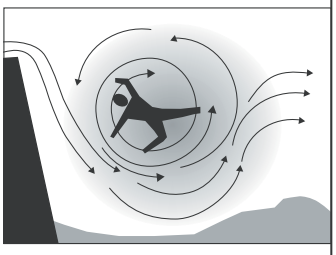
Many have died trying to boat or swim over the weir in the Bow River, downstream of St. George's Island near the Calgary Zoo. The water is equally dangerous near the weir at Wyndham-Carseland Provincial Park and above or below any dam.

Venturing over the weir is risking death. No matter how big your boat is, water currents at the weir's base will grab and capsize it. Once you are caught in the swirling water, escape is impossible. In addition, construction at the Calgary weir is ongoing and the area continues to pose a deadly hazard.

How to avoid the dangers:

- Read and heed all warning signs
- Portage around weirs
- Do not play near weirs
- Warn your friends and family

For more information about safety around weirs, call 403-297-6517.



Government of Alberta
Alberta

MONIQUE MASSIAH/FOR METRO CALGARY

▶ Bikers take turns jumping over obstacles on Canada Olympic Park's main run last night.

Daredevils getting ready for extreme all-night riding

Daring riders face 400-foot drops for cash, prizes

MONIQUE MASSIAH
CALGARY@METRONEWS.CA

Solo and two-man mountain bikers will brave 400-foot vertical drops, rock gardens and the rough terrain of COP from 10 p.m. to 5 a.m. tomorrow.

"Any time we work with Red Bull we get excited, we love it," said Canada Olympic Park spokesman Chad Hason.

Red Bull approached COP for the downhill portion of the course, as it's one of the only venues that will allow an overnight race, said Hason.

First-place bikers take home $500 and 2011 seasons passes to COP's bike park, while second- and third-place solo riders take home $300 and $150 each.

"As a sport venue we are in touch with athletes, and Red Bull is in touch with athletes," said Hason.

Team competitors will complete the circuit in relay pattern, while solo riders race against the clock.

Bikers can register online for $20 until tomorrow at 8 p.m. to 9 p.m.

Solo riders race against time, while two-man riders run relays one at a time. The downhill course used for provincial races will be used as the main run.

Competitors will have eight hours to run the relay-like race.

The race

Top solo riders with the most completed runs in the dark will each receive an Oglo Hydration Park. Although chairlift light will be operational, riders are encouraged to wear headlamps. Starting at 10 p.m., the rider that can complete the most laps downhill wins.

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Judge caught in sex scandal may be found unfit

Judge opted to be removed from bench while review is being done Will remain in administrative capacity

PHOTO COURTESY OF CBC

Lori Douglas was appointed a judge in 2005.

Can a judge continue to sit on the bench after it comes to light she was photographed in raunchy, sexually explicit poses that her husband posted to a porn website?

The Canadian Judicial Council is grappling with that question as it considers the case of Lori Douglas, an associate chief justice in Manitoba's Court of Queen's Bench, who this week saw public disclosure of her sexual activity from seven years ago — two years before she was appointed to the bench.

The complaint involves a man named Alexander Chapman, who alleges that Douglas' husband, lawyer Jack King, showed him sexually explicit photos of Douglas in 2003 and tried to convince him to have sex with her.

At the time, Douglas and King were lawyers at the same firm, and King had handled Chapman's divorce, said King's lawyer Bill Gange. King was suffering from depression, Gange said, and was acting without his wife's knowledge.

But the photos spread far beyond the couple's home. Chapman told the CBC this week some of the pictures depicted Douglas in bondage and were posted on a pornographic website. Gange has said Douglas did not know the pictures were being posted online by her husband.

Some legal experts think the explicit material means Douglas cannot continue as a judge. THE CANADIAN PRESS

Birthday. Krishna

Children dressed as Krishna look on yesterday during festivities in Mumbai, India.

RAJANISH KAKADE/THE ASSOCIATED PRESS

A birthday celebration fit for a god

The festival Janmashtami, which always falls between mid-August and mid-September, marks the birth of the Hindu god Krishna.

17 **A jury found the Boy Scouts negligent for allowing a former assistant scoutmaster to associate with Scouts after he admitted that he had molested 17 boys.**

Scout suit settled

Six men who alleged they were sexually abused by an Oregon Boy Scouts leader in the 1980s have settled their lawsuits against the group's national organization for undisclosed amounts, the plaintiffs' attorney said yesterday. THE ASSOCIATED PRESS

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News in brief

East bracing for hurricane

NAGS HEAD, N.C. Hurricane Earl steamed toward the Eastern Seaboard yesterday as communities from North Carolina to New England kept a close eye on the forecast.

Even a slight shift in the storm's predicted offshore track could put millions of people in the most densely populated part of the United States in harm's way.
THE ASSOCIATED PRESS

Rosary beads saved him?

NEW YORK. Thomas Magill, 22, plunged 39 storeys from the roof of a New York apartment building but survived with broken legs after crashing onto a parked car.

The car's owner said he's convinced rosary beads he kept inside the car saved Magill's life.
THE ASSOCIATED PRESS

Watched porn, crashed his rig

BATAVIA, N.Y. An Ohio truck driver whose laptop computer was streaming pornography when his rig hit a disabled car on the New York State Thruway has been sentenced to three-to-nine years in jail for killing the other driver.
THE ASSOCIATED PRESS

3 suspended in jail sex case

KAMLOOPS, B.C. Three jail guards who police are investigating for allegedly watching on a video monitor while two women had sex in a cell have been suspended from their jobs. Four Mounties are also being investigated. **THE CANADIAN PRESS**

One halal burger with fries, please

French food chain bets the store on growing Muslim market Some say the move will stop integration

The bacon is gone from the bacon burgers, replaced by smoked turkey.

At a fast food restaurant outside Paris, France, a new certificate on the wall proclaims its beef comes from cows slaughtered in line with Islamic law.

Yesterday, popular French fast food chain Quick started serving halal-only food in 22 of its French outlets, targeting France's large Muslim population, an underexploited market that has long been ignored by big business.

Quick says sales doubled at restaurants that have tested the concept.

Politicians left and right have attacked the move.

Some ask why halal food should be foisted on the general population.

CHRISTOPHE ENA/THE ASSOCIATED PRESS

▶ A woman places her order at a halal burger outlet near Paris yesterday.

Others worry Quick will promote segregation of the Muslim community instead of acceptance.

France argues integration is the only option for minorities.

Perhaps a bit strangely, the chain launched its halal-only burger restaurants in the middle of Ramadan, a month when devout Muslims fast from dawn to dusk. Quick says the date was purely a coincidence.
THE ASSOCIATED PRESS

What's cooking?

Quick predicts a great future for halal business in France.

- **The future** A French study last year estimated the market for halal food is growing by 15 per cent a year. In France, an estimated five million of the nation's 63 million people are believed to be Muslim.
- **The compromise** Quick says it is working on a pre-cooked non-halal burger that will be stored in a wrapper so it doesn't contaminate the halal offerings. Quick says it expects sales to be minimal.
- **The competitor** Kentucky Fried Chicken says it has served halal chicken in its French outlets for 19 years. But it has been left out of the burger debate.

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Hostage taker killed by police

None of the 1,900 who work in building were hurt

A man who railed against the Discovery Channel's environmental programming for years burst into the company's headquarters in Maryland with at least one explosive device strapped to his body yesterday and took three people hostage at gunpoint before police shot him to death, officials said.

The hostages were unhurt after the four-hour standoff.

Montgomery County police Chief Thomas Manger said tactical officers moved in after officers monitoring James J. Lee on security cameras saw him pull out a handgun and point it at a hostage.

An explosive device on the gunman's body detonated when police shot him, Manger said. Police were trying to determine whether two boxes and two backpacks the gunman had also contained explosives.

A law enforcement official speaking on condition of anonymity because the investigation was ongoing said officials had identified Lee as the likely suspect.

NBC News reported that after its producers called Discovery's general number, a man identifying himself as James J. Lee got on the phone and said he had a gun and several bombs.

THE ASSOCIATED PRESS

Pakistan. Bombing

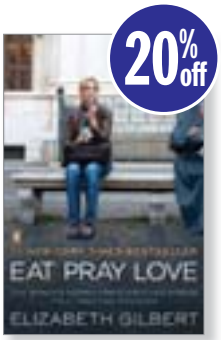
▶ A man reacts to explosions as protesters burn vehicles yesterday in Lahore, Pakistan.

K.M.CHAUDARY/THE ASSOCIATED PRESS

Suicide bombers kill 25 in Pakistan

Three suicide bombs ripped through a Shiite Muslim religious procession in the eastern Pakistani city of Lahore yesterday, killing 25 people and wounding about 150 others, officials said.

New & Hot Reads
for the Long Weekend



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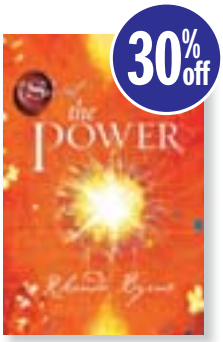
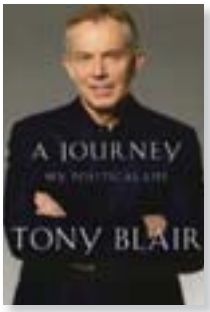


Reg $26.95
NOW $18.87
irewards $16.17



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Like a sale with your burger?

A private equity firm has denied it's in talks to acquire Burger King Holdings Inc. The Wall Street Journal linked 3i Group PLC to the hamburger chain. The paper said the British private-equity firm was among interested parties. THE ASSOCIATED PRESS

Amazon eyes films online

Amazon.com is talking with major media companies about offering unlimited views of older TV shows and movies online.

It's an attempt to stay relevant as consumers flock to Apple Inc.'s iTunes and Netflix Inc.

THE ASSOCIATED PRESS

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Steve Jobs displays the new Apple TV in San Francisco yesterday.

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Buttons banished in Steve's new Nano

Apple chief's latest offering has a unique touch screen

Apple Inc. CEO Steve Jobs announced a new line of iPods yesterday, including a Nano model that has a touch screen and lacks buttons.

Like previous versions, the Nano has a built-in FM tuner and can display photos.

But instead of buttons, controls for playing, pausing and selecting music are right on the screen.

It will cost $149 US for the 8 gigabyte version and $179 for 16 gigabytes.

Canadians will be able to buy the new products announced yesterday by Apple but as usual, they'll cost a little more north of the border.

In a refresh to the iPod Touch, Apple is adding video-chat features similar to the newest iPhone.

It has a front-facing camera for conducting video chats with other iPod Touch and iPhone users over Wi-Fi using Apple's FaceTime.

A camera on the back can be used for taking snapshots.

THE ASSOCIATED PRESS

Follow friends

Apple is adding social features to its iTunes software.

- Steve Jobs said iTunes 10 brings new ways for people to learn what their friends are listening to.
- The feature, called Ping, is likely based on the technology Apple acquired with the purchase of Lala.com last year.
- Ping lets people "follow" friends and musicians, similar to how Facebook and Twitter work.

ADVERTISING

Rogers, Warner in video link

Rogers Media will partner with Warner Music Canada to sell ads around Warner's music video content across a variety of digital platforms.

Rogers Digital Media said it will exclusively represent Warner Music Canada's music video content, including Warner's online video distribution channels.

"Along with our other investments in premium digital video content, this partnership ... will enable Rogers Digital Media to offer even more premium video content to advertisers," said Claude Galipeau, senior VP and general manager of Rogers Digital Media.

Rogers also said it will develop custom programs and sponsorships.

THE CANADIAN PRESS

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Equinox LTZ Model Shown

CONSUMERS DIGEST BEST BUY

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Silverado 1500 Crew Cab shown with no-charge accessory package. Includes chrome grille, side steps, mirror caps, and door handles.

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CITY: 15.9 L/100 km – 18 mpg

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Program valid to November 1, 2010 on dealer inventory. 10%, purchase financing up to 72 months available on 2010 Malibu LS (R7B) and Equinox LS (R7A) models. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Freight $1350 license, insurance, registration, filing all movable property/PPSA administration fees, duties and taxes not included. Dealers are free to set individual prices. See your newspaper or Chevrolet dealer for details. Limited quantities of certain 2010 models available. GMCL may modify, extend or terminate Program in whole or in part at any time without notice. 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Excludes hybrids and ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (NCAP). For more information on safety ratings, go to www.safercar.gov. Based on Natural Resources Canada's 2010 Fuel Consumption Guide ratings. Your actual fuel consumption may vary. ††Offers apply to the purchase of a new eligible 2010 or 2011 MY GM vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo, Corvette ZR1, trucks, 2010 MY Chevrolet Cobalt and 2011 MY Buick Regal, Chevrolet Cruz and Cadillac CTS Coupe in an amount ranging from $750 to $3,000, depending on the model purchased. Incentive applied after taxes. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between July 1, 2010 and September 30, 2010, and may not be combined with certain other incentives available on GM vehicles. By participating in this program you will be ineligible for GM Canada's Cash For Clunkers incentive. 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NEWSPAPERS: NOT JUST FOR READING

He says ...

JOHN MAZEROLLE

It does my heart good to know the newspaper industry will survive tough times as long as people keep having moving days.

You might not read this column, but some day my head shot will be protecting your wine glasses. I'm just happy to be making a difference.

This is moving season, of course. Yesterday was the most popular moving day of the year, according to the article wrapped around my dinner plates. And I took part.

Moving is an event that teaches you important things.

Lesson No. 1: One moral I take away when I change addresses is that — write this down — I'm a filthy liar. I always tell people that I own next to nothing and I have even come to believe it.

Yet, when I pack I find myself standing next to a stack of boxes that brings to mind the final shot of Raiders Of The Lost Ark.

Like most North Americans, I have become so adept at accumulating crap that I don't even notice.

I get confused because I use so little of it. For instance, my kitchen is filled with at least a dozen mysterious cooking utensils. They might also be sex toys or CIA weapons of death. I have no idea what they do, so I can't be sure.

"This is moving season, of course. Yesterday was the most popular moving day of the year, according to the article wrapped around my dinner plates. And I took part."

Lesson No. 2: Getting friends to help you move is harder than convincing people to go on suicide missions. I should get anybody who agrees to record a chilling on-camera message.

"I commit to this glorious move in the name of the Heineken I have been promised, blessings be upon it."

And because it's so hard to convince people to help I always respond with a disproportionate amount of gratefulness, as if they had offered me a kidney.

Lesson No. 3: Being a bachelor has its advantages. I know people who pack everything carefully, categorize the contents, and mark where the box is to be placed, down to the Google Map co-ordinates. Adding eight hours to the packing process makes it "easier."

I just put everything into boxes as quickly as possible. No point writing, "Kitchen, southwest corner" when the box contains a Tupperware bowl, a plug that belongs to something, three golf balls and a bag of microwave popcorn.

I was careful, however, to pack with as much newspaper as possible. I believe in the future of this business.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER

Worth mentioning

Artifacts

NADER DAOUD/THE ASSOCIATED PRESS

Archaeologists in Jordan have unearthed a 3,000-year-old Iron Age temple with a trove of figurines of ancient deities and circular clay vessels used for religious rituals, officials said yesterday.

The head of the Jordanian Antiquities Department, Ziad al-Saad, said the sanctuary dates to the eighth century BC and was discovered at Khirbat 'Ataroz, some 32 kilometres southwest of the capital Amman.

He said the complex boasts a main room that measures 388 square feet, as well as two antechambers and an open courtyard. The sanctuary and its artifacts — hewn from limestone and basalt or moulded from clay and bronze — show the complex religious rituals of Jordan's ancient biblical Moabite kingdom, according to al-Saad.

The Moabites, whose kingdom ran along present-day Jordan's mountainous eastern shore of the Dead Sea, were closely related to the Israelites, although the two were in frequent conflict. The Babylonians eventually conquered the Moabites in 582 BC.

Archaeologists also unearthed some 300 pots, figurines of deities and sacred vessels used for worship at the site. Al-Saad said it was rare to discover so many Iron Age items in one place. THE ASSOCIATED PRESS

What is your quirkiest habit?

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Metro Minute at Highland Games

Take a minute and feel the spirit of Robbie Burns and everything Scottish this weekend at this year's Highland Games Saturday at Springbank Park for All Seasons.

Introduced by Malcolm III (1059-1093) in Scotland, the games were used to select the strongest warriors.

Created here in 1913 and called the Caledonian Games, the day brings together many people of Scottish decent, and shares the Scottish heritage with the Calgary community.

Events include heavy lifting, pipes and drums, and highland dancing to celebrate Calgary's Scottish heritage.

METRO CALGARY

TORSTAR NEWS SERVICE FILE

▶ Springbank Park for All Seasons will host the Highland Games Saturday.

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2 scene

▶ Justin Long stars alongside his real-life former girlfriend Drew Barrymore in the new romantic comedy Going the Distance.

Justin Long really goes the distance

Actor opens up about working with former girlfriend Drew Barrymore
And the joy of improvising many of the scenes in latest comedy

NED EHRBAR
SCENE@METRONEWS.CA

For Going the Distance, Justin Long took on two new tasks: Starring in a romantic comedy and acting alongside former girlfriend Drew Barrymore.

How was working with Drew?
Amazing. She's so smart and funny. It's daunting because she's so accomplished, specifically within this genre of movies. This is really my first lead role in a romantic movie like this, and I couldn't have asked for a better partner.

Was there anything you were nervous about going into it with her?
I knew her very well, but when you don't know somebody in a professional capacity, you don't know what's going to come out. I'm proud to report that she was lovely with everyone.

Were you daunted by the amount of improvisation in the movie?
I'm really comfortable doing improv. It's something I've been doing since I started. I would say about 50 per cent of the movie was improvised.

While promoting the movie, you and co-stars Jason Sudeikis and Charlie Day appeared on WCW's Monday Night Raw, right?
Yeah. In no way am I being self-deprecating when I say that was a disaster. It was not the audience to be promoting a movie like that to. We were so out of place. They're all fired up to see guys pummeling each other, not to see three nerdy comedy guys do some bits.

So, what to do?

We asked Long how he handled such an awkward situation and here's what he said:

▶ "You just commit to it as best you can. We were in LA at the Staples Center and the only time we really had the audience on our side was when we were praising the Lakers. Before that I think the (they) were contemplating throwing things at us."

In brief

Shia LaBeouf is apparently a smart bet for studios. The Transformers star has topped Forbes magazine's new list of Hollywood's best "bang for your buck" actors. For every dollar LaBeouf has made, his employers have earned an average of $81, according to the magazine. Anne Hathaway came in at No. 2, helping studios earn $64 for each dollar they pay her, and Daniel Radcliffe was No. 3, with $61 per dollar for the studio.
METRO

ID of The Stig, driver on Brit show Top Gear, is unveiled after court refuses injunction.

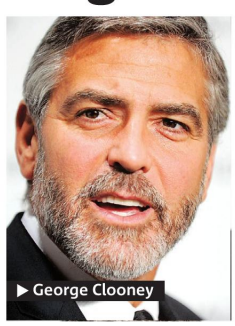
Clooney, Paltrow among stars in cancer telethon

George Clooney, Will Smith and Gwyneth Paltrow will join an impressive list of stars taking part in September's Stand Up to Cancer telethon airing on major networks.

Other celebrities announced yesterday include Denzel Washington, Renee Zellweger, Kathy Bates and Richard Branson.

Performers will include Green Day's Billie Joe Armstrong, Neil Diamond, The Edge, Herbie Hancock, Lady Antebellum and Leona Lewis as well as previously announced Queen Latifah, Martina McBride and Stevie Wonder.

Clooney, in particular, is a fundraising heavyweight. At Sunday's Emmy Awards, he accepted the Bob Hope Humanitarian Award for efforts on behalf of victims of this year's earthquake in Haiti, the 2004 tsunami in Indonesia and the Sept. 11 attacks.


▶ George Clooney

Stand Up to Cancer is aimed at raising money to speed up innovative cancer research, according to Spiderman movie producer Laura Ziskin — herself a cancer survivor and co-founder of the Stand Up to Cancer group.

The telethon is returning after the 2008 event helped deliver more than $100 million for research.
THE ASSOCIATED PRESS

The simulcast

Aside from ABC, CBS, Fox and NBC, these cable chanels will also simulcast the event from 8 p.m. to 9 p.m. on Sept. 10:

▶ Bio, Discovery Health, E!, G4, HBO, HBO Latino, MLB Network, mun2, Showtime and Smithsonian Channe.

You either have to laugh or cry

From interventions to murder, Margaret Cho somehow finds the funny side Now she's adding music

Margaret Cho combines comedy with music on her new album to address some sombre topics: rejection, interventions and even murder.

Cho Dependent, which the comedian describes as "jokes written in song form but with incredible artists," came together with the help of musicians including Ben Lee and Fiona Apple.

Folk rocker Andrew Bird helped with a song about a former love interest turned murderer, an "honest-to-God murder ballad" that Cho said is based on her life.

For 17 years, she said, she carried a torch for a man. She lost touch with him and eventually looked him up online and was shocked to find he'd been convicted of murdering his wife.

▶ Margaret Cho

"He bludgeoned her to death and left her in the attic of their house until her body had partially mummified," she said.

"So, it's a good thing we didn't hook up," the comedian added.

Writing a song about such horrific events was cathartic, Cho said.

"The worst things, the most tragic stuff in life can actually, strangely be hilarious," she said.

Cho has released seven comedy albums but Cho Dependent is the first where she sings.

The album also features an intervention put to music with Canadian rock band Tegan and Sara.

Its lyrics include, "Welcome to your intervention. We need some of your attention. You've got a problem we must mention."

Cho Dependent was released last week. Next, the comedian will appear on the 11th season of ABC's Dancing with the Stars, set to premiere Sept. 20. THE ASSOCIATED PRESS

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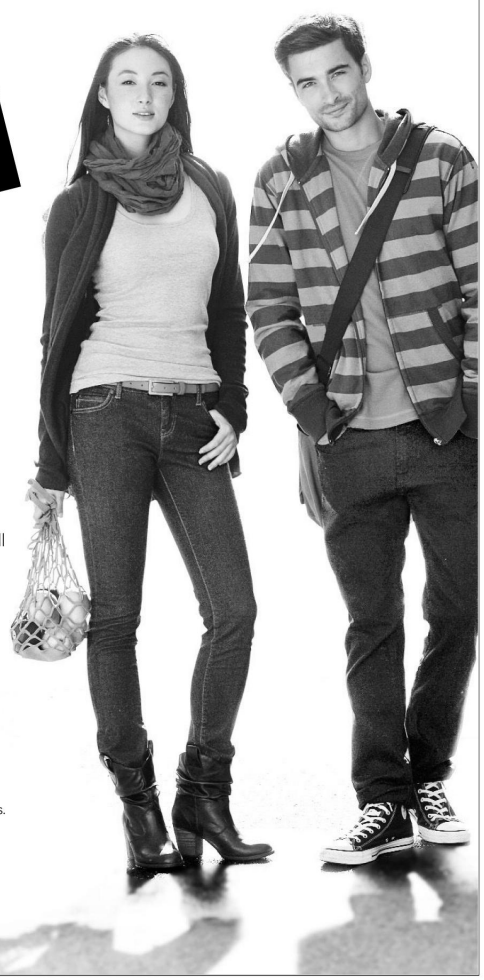

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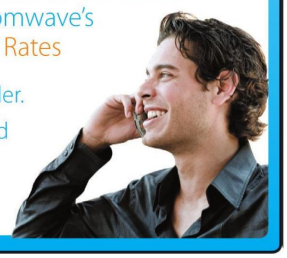

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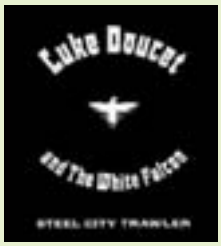
Album reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●

Disturbed stays safe with new offering

Disturbed
Album: Asylum
Label: Reprise
●●

One step forward, two steps back. Few people haven't felt this ages-old adage apply to their lives. It represents one's frustrated sentiments when efforts to prevail are thwarted by our own inherent tendencies bringing us back to square one. Unsurprisingly, such is the case with Chicago-based heavy rockers Disturbed on fifth outing Asylum.

They claim the album endeavours to expand outside their stifling box of prefabricated basic riffs swarming around sugary, radio-friendly vocals and production values equivalent to bathing in perfume — overkill, as it were. However, the album's 13 tracks are just that: yet another bout of affectation encasing reality. In essence, that means a lot of posturing under the "We're an angry metal band," banner while their inherent "We're a predictable pop band with crunchy guitars," basic instincts unavoidably consumes the affair. Abounding in overtly predictable, uninspired Neanderthal-ish chug riffs supporting undeniably catchy vocals, rock-by-numbers songs such as The Infection, Serpentine and a borderline rap/metal title track struggle to seem avant-garde but remain decidedly lowest common denominator. One gets the impression that while Disturbed paid lip-service to some sort of stylistic advancement with Asylum, the real axiom should read: "It ain't broke, so Disturbed didn't fix it."
Outstanding track: Sacrifice
KEITH CARMAN



Luke Doucet and the White Falcon
Album: Steel City Trawler
Label: Six Shooter/Warner
●●●●
Luke Doucet's new home in the Hammer seems to suit his gritty guitar style well. With the help of Sloan's Andrew Scott as producer, Doucet delivers an enjoyable and compelling rock record with undisguised nods to Neil Young, Keith Richard and Tom Petty. The upbeat fun of opening track Monkeys gives way to the tightening noose of The Ballad of Ian Curtis and a rocked-up cover of the Gordon Lightfoot classic Sundown. **Outstanding track:** Hey Now
GRAHAM ROCKINGHAM

Jenny and Johnny
Album: Surfing the Void
Label: Warner Bros.
●●●●
The name of both the artist and album frankly indicates what real-life sweethearts Jenny Lewis (Rilo Kiley) and Johnathan Rice set out to achieve on this collaboration. Not unlike the likeminded yet platonic duo of She & Him, they smile their way through an album full of starry-eyed duets that touch on various styles like AM gold, sunny surf pop, '90s college rock and even a bit of shoegaze.
Outstanding track: Big Wave
CAM LINDSAY

Land of Talk
Album: Cloak and Cipher
Label: Saddle Creek
●●●
When Land of Talk released their debut EP in 2006 many thought the trio would be the next big indie break out band. That hasn't happened yet, and it probably won't with their latest, but that's not to say it isn't any good. The new disc is a relatively soft indie pop disc, but does explode in a number of parts. The record is encapsulated in the song Swift Coin. It moves like a Broken Social Social Scene tune (the band toured with BSS, and their sound has clearly rubbed off).
Outstanding track: Swift Coin.
BRYAN BORZYKOWSKI

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Lambert snags 9 CMA noms

GETTY IMAGES

▶ Miranda Lambert

Miranda Lambert made history yesterday morning when she was nominated for nine CMA Awards, the most for a female country music artist.

She'll be celebrating with close friends Lady Antebellum and fiancé Blake Shelton. Lady A earned the second most nominations with five and Shelton was next with four, tied with Zac Brown Band.

The year 2010 is taking on fairly tale qualities for the fiery Texan, who won three Academy of Country Music Awards in March, got engaged a few months later and has much to look forward to the rest of the year.

"I don't think it gets better than this," Lambert said in a phone interview with The Associated Press. "It's been a dream and it's not even over with. I'll be sad when 2011 comes because this year has just been one blessing after another. It's just incredible. I don't know what it is about now that all this is coming to a head, but I don't care. I'm just glad it is.''

Lambert and close friend Dierks Bentley announced nominations in five categories yesterday morning on Good Morning America. The first seven categories were announced Tuesday in Nashville.

Lambert, Lady A, Zac Brown Band, Brad Paisley and Keith Urban were nominated for entertainer of the year, the Country Music Association's top award.

Should Lambert when entertainer of the year she'll continue a girl-power trend at country music's two top awards shows. Taylor Swift became just the third female winner of the CMA's top award last year and Carrie Underwood made history in April as the first woman to win the ACM Awards' entertainer of the year twice.

Women also figure prominently in several CMA categories this year.

"It's definitely something that's been needing to happen for a long time," Lambert said.

Lambert, whose last album Revolution was widely hailed by her peers and critics, fell just short of Alan Jackson's overall record of 10 nominations, set in 2002. Merle Haggard is the only other artist to receive nine or more nominations. THE ASSOCIATED PRESS

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Ont. premier has yet to catch Bieber fever

McGuinty joins Twitter, but does not follow province's biggest star

Twitter newbie Dalton McGuinty hasn't caught the Bieber fever.

Ontario's premier, who joined the social network this week, says he doesn't follow the Canadian pop phenom's Twitter feed — yet.

McGuinty jokes he's actually hoping Bieber will follow his Tweets first.

The premier has just over 1,700 followers, while the Ontario-born teen superstar has almost five million.

McGuinty, who's earned the nickname Premier Dad for his "Father Knows Best" approach to governing, appears to be trying to reach out to younger voters through his sudden embrace of Twitter.

So far, he's used the account to promote government news releases, talk about full-day kindergarten and link to a photo of his family on a recent canoe trip. THE CANADIAN PRESS

▶ Justin Bieber has almost five million Twitter followers.

Vegas clubs may bar Paris

GETTY IMAGES

▶ Paris Hilton

With her recent arrest for drug possession dogging her, Paris Hilton may soon find herself banned from many of the Las Vegas nightclubs that used to pay her to hang out, sources tell Hollyscoop.

"No club located inside a casino is going to want to glamorize the fact that she's been allegedly caught with drugs three times in the last four months," a source says.

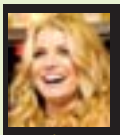
"If Paris ends up serving time, I highly doubt you'll see her get another club appearance in Vegas for a long long time." Hilton reportedly has been paid up to $75,000 per appearance at clubs in the past.

METRO

Celebrity tweets

Kanye West [@kanye-west] I could never be 'just' her friend cause as your friend I would want you to be with a guy like me even if it wasn't me but I don't know another me.

Jonathon Ross [@wossy] My house is filled with young people playing quite horrible music. Not squatters btw. They'd have better taste in choons I think.



Jessica Simpson [@JessicaSimpson] Going over ideas for my new Christmas record...any suggestions?

Sarah Silverman @SarahKSilverman] Hi fellas! Just so u know, hair gel, fake tans& gym-muscles are a turnoff to women of substance.

The decor is cool and the waiters are hot.
- Zoe
Happy Hour Specials
Find the best places, post your reviews and share your discoveries.
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JASON DECROW/THE ASSOCIATED PRESS

▶ Dresses had been dominant for several seasons — there is appeal in an effortless uniform, after all — but pants are powerful, utilitarian and versatile, and that seems to be what women want from this style cycle

Who wears the pants?

Women's fashion putting a stamp on trousers this season — one that's all their own

Industry big wigs expect menswear styles to continue invasion of women's lines

Menswear details, including blazers, vests and button-downs, have been invading women's fashion trends for a while. Now comes the most obvious of all for fall: pants.

Dresses had been dominant for several seasons — there is appeal in an effortless uniform, after all — but pants are powerful, utilitarian and versatile, and that seems to be what women are craving this style cycle.

"I don't need to tell the girls in the room how practical pants are. A great black pant goes desk to dinner, morning to evening. It's easy and you don't have to think about it too much," says Simon Kneen, creative director at Banana Republic.

"We see pants as the next 'it' item," agrees Colin Dyne, CEO of William Rast. "The categories we're focused on for fall and going into spring are chinos, cargos, pants that utilize silk blends and other fabrications."

Bridge the Gap

▶ **Pants** Gap's new black-pant collection is a reaction to consumer demand, says Lexi Tawes, vice-president of women's merchandising. People want a pair of pants that can be worn all week.

"I don't need to tell the girls in the room how practical pants are. A great black pant goes desk to dinner, morning to evening. It's easy and you don't have to think about it too much"

SIMON KNEEN, CREATIVE DIRECTOR AT BANANA REPUBLIC

And that's what's new about pants this go-around: Pretty much anything goes. There's not a specific skinny silhouette that's the must-have, nor a tailored trouser. The runways — and now the racks — have wide legs and narrow ones, high waists and low. They are all, however, relatable, not kooky concoctions meant only for the catwalk.

"There's a return to the idea of a flattering pant," says Mark Holgate, Vogue's fashion news director. "We were knee deep, no pun intended, in the world of crazy pants ... and then what happened was women wore leggings. But now the trend is coming back like the 1990s — a wonderful Helmut Lang pant that's boyish and womanly, that could be worn with a jacket shirt, evening top, heel, flat or boot."

He also sees a nod to the '70s, which Holgate calls "the great years of pants."

Susan Cernek, Glamour's senior online fashion and beauty editor, says she recently was flipping through a book of Yves Saint Laurent's archival work and had to do a triple take at the date. "There was a 1974 runway look, but it looks like so many looks from the runway this year. It was worn with a bow blouse, loose jacket and tailored trousers."

Its projects strength, Cernek says, "not because they are borrowed from the boys but because you have to be committed to this look. You literally suit up from head to toe."

THE ASSOCIATED PRESS

3 life

Problems with dark circles under your eyes? Maybe you're getting worried about those fine lines and wrinkles? Cover FX has launched EyePrepFX Anti-age Smoothing Primer to nourish, moisturize and rejuvenate the area around the eye. The formula includes Haloxyl, an anti-aging ingredient, and Eyeliss, which helps reduce puffiness. It goes for $43 for a 20 ml tube

METRO

Fashion savvy, regal poses giving Maine coon cat from Florida boost in modelling world

Fashion pick

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ASOS Black bracelet
Channel Anna Dello Russo's love of all things glittery and bejeweled on the cheap with this opulent, and oh-so-affordable cuff bracelet. It looks quite a bit more expensive than it's wallet-friendly price.

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Falling into style

- Inside and out, find these items for your needs
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RICHARD PECKETT
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2 LAVENHAM $151
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3 URBAN OUTFITTER $42
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Soothing oasis at home

Simple steps can turn bathroom into a sanctuary Start with a clean slate and add accessories

It takes just a little effort to transform your bathroom into an oasis.

There's nothing like some me-time in a luxurious spa after a long day. And it takes just a little effort to transform your own bathroom into just such a place, an oasis in which to relax and rejuvenate.

Some simple fixes and inexpensive accessories can do the trick,

Begin With A Clean Slate

"Rooms feel calmer without clutter. So before doing anything else, clear off surfaces, walls and floors," says New York City designer Eve Robinson. "And while you're at it, toss out anything past its prime or that you really don't want or need."

Robinson favours light colour palettes — seafoam green and white, for instance — and uses very few accessories, perhaps "simple black-and-white photographs of ocean waves for a sense of relaxation and comfort."

She adores the classic spa feel of terry cloth, and suggests "crisp, white towels and bath mats to brighten and freshen a bathroom." Robinson also likes upholstering stools on wheels with terry to provide seating or space to pile extra towels. Often, she embroiders them with such words as "splish" and "splash."

While Dallas designer John Phifer Marrs is equally keen on soft hues, "Sometimes the most relaxing baths are no-colour," he says. For one client, he used varying shades of white and off-white, and added some baroque sconces and a neoclassical, tole-topped table for elegance and oomph. As with many furnishings, he says, "You can replicate such high-end pieces with reproductions and flea-market finds."

Scents And Sounds

The right music can make a difference, according to L.A.-based designer Molly Luetkemeyer.

"Get the smallest iPod dock possible," she says. "Make a play list of music that helps you unwind, or download some ambient nature sounds — ocean waves, a bubbling brook, forest breezes. Turn it on when you enter the room and almost immediately you'll feel more serene."

One of her favourite parts about visiting spas is "being enveloped by delicious aromas," not only essential oils and bubble bath, but "candles that make you go 'ahh."'

"Try short, chubby ones along the bathtub rim, several candlesticks grouped together or a candelabrum — and be sure to dim the lights before stepping into the tub," she says.

Pay attention to the little things: Luetkemeyer always keeps a container of matches near her candles.

And getting back to good smells, she counsels, "Push the spent end of the wick into the warm wax to extinguish the candle. If you blow it out, the beautiful aroma will be covered by a smoky odour."

Island Breezes

Alex Jordan, co-president of the Chicago design firm Gregga Jordan Smieszny, likes to create an island mood with accessories that exude a "tropical feel." Among them are teak flooring ("Buy tiles online, much less expensive,") and, "if the room is well-ventilated, a large, hanging, paper light fixture a la Noguchi," he says. "Glass garden lanterns work well, too."

Two other easy tricks he uses to bring the outside in: Cover the walls in grass cloth. Or either paint a trellis on one or more walls, or mount a real one.

On a smaller scale, but as effective, would be to replace the linen-closet door with latticework. "Of course," Jordan adds, "that means you have to keep the contents tidy."

Don't limit yourself to the bath sections of stores, Jordan advises: "Broaden your vision. Investigate stores' living-room departments and boutiques carrying foreign products."

Think about glass cylinders filled with seashells and river rocks, wood receptacles for makeup and hair brushes and baskets for rolled towels and the kids' toys.

One final suggestion Jordan shares is "parachute cloth for the shower curtain or to surround the tub. It's reminiscent of a spa's massage area."

THE ASSOCIATED PRESS

Spa Tips

Several other items that can complete a home spa:

- An inflatable, terry-cloth-covered pillow for the tub. (Some contain built-in neck massagers.)
- Book holders. (Also handy for a glass of wine or pitcher of water pepped up with lemon slices.)
- A big, round, "rainforest" showerhead.

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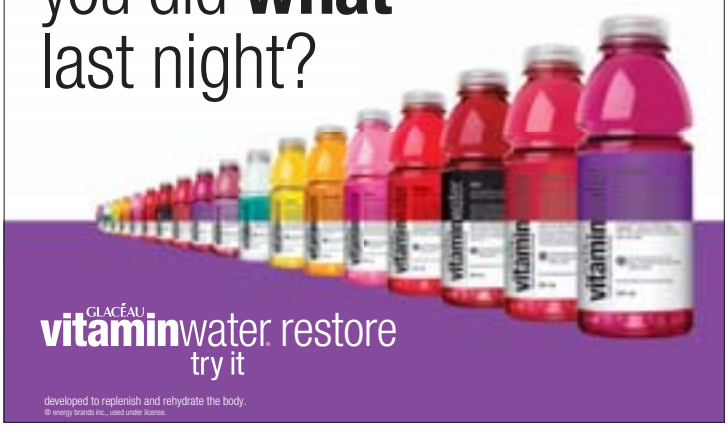

Ikea catalogue marks 60 years

Looking back at old catalogues provides not only a history of interior trends, but also a mirror of society

KRISTOFFER RENGFORS
METRO WORLD NEWS

This week the 2011 Ikea catalogue hits the shelves at the retail giant's stores worldwide. The furniture catalogue celebrates its 60th anniversary in Sweden, and Ikea is also launching a social network for interior design and an application for the iPhone.

Maria Perers, curator at Nordiska museet (Sweden's main museum for cultural history) said: "This year's catalogue has a glass-door cabinet on the cover. It is interesting because we nowadays share everything about ourselves on Facebook and in blogs. So, it is a natural thing that we also display some of our most personal things in our homes."

A look back at old Ikea catalogues is not only a history of interior trends, but also a mirror of society. In the early '60s the first TV-furniture appears, in 1989 the first home computer and in the '90s recycling became a big issue.

Perers added: "It's not just about design, it really says something about how society has developed.

1951: "This is the first furniture catalogue from Ikea. Earlier they had been selling everything from nylon stockings to pens. The cover is very modern and they use the word ultramodern. But even though their thing was cheap furniture they sold copies of more exclusive furniture."

1960: "Here the TV is shown as a pair of glasses. TV came to Sweden in 1956 but now it has broken through on a wide scale. Here Ikea is for the first time teaching us how to arrange our furniture around the TV — and we started doing it. This is how the living room will look for decades to come."

1970: "The first cover showing a person, sitting on a sofa. Inside the catalogue there are pictures of young girls lounging in some kind of laidback sofa. The teenagers are slouching and the parents are appalled and it is clear that there is a more free, post-'60s lifestyle that is shown, where you don't sit up straight."

1985: "Here it is clear that the catalogue is meant to be more luxurious and more exclusive. The white frame has been borrowed from international fashion magazines and the '80s is displayed as the 'yuppie' era. All books have white covers and there is a focus on storage and everything is perfectly arranged. But nothing happens in the homes."

1989: "This year is very interesting because the first home computer appears in the catalogue. Furniture for home offices appear soon afterwards. But this shows what an excellent mirror to society the Ikea catalogue is. You can see exactly when things like the computer and the microwave came into our homes."

2000: "Now it becomes clear how important it is for Ikea to appeal to different lifestyles. On one page in the catalogue there is a gay couple in a kitchen, and the year before there is a page devoted to how a single dad can arrange his bachelor pad so his daughter could stay every other week. It is very in tune with the times."

MARIA PERERS

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Sweet buffet bounty in the city's northeast

ANDREE LAU/FOR METRO CALGARY

▶ Buffet tray at Bombay Sweet House.

Cheap lunch buffet offers tasty options in Indian food

LUNCH RUSH

ANDREE LAU
FOOD@METRONEWS.CA

Long-time favourite Bombay Sweet House has a new coat of paint and its quality lunch buffet ($11.99) is going as strong as ever.

While the selection is not huge, it's all fresh and delicious. Butter chicken stands out with moist meat and a creamy sauce. A goat curry is so tender it falls off the bone. Vegetarians are well served with mutter paneer (peas with Bombay cheese), daal (lentils), and crispy hot potato-stuffed samosas.

If you're not in a buffet mood, any of the thali ($9.99) combos will fill you up. Fresh naan is also brought to your table.

Before you roll out of there, pick up some of the Sweet House's signature desserts to bounce you out of buffet sleepiness: The city's best gulab jamun — syrup-soaked doughnuts that are light on the rose water — and jalebi, bright-orange, deep-fried sugar shaped like a pretzel.

- **Bombay Sweet House**
- **55 Castleridge Blvd. N.E., (403) 590-1393**
- **Hours of operation: Mon-Thurs, Sun 10 a.m.-11 p.m., Fri-Sat 10 a.m.-midnight**
- **Rating: ***1/2**
- **Reservations: No**
- **Client negotiations: No**
- **Lunch with co-workers: Yes**
- **Social lunch: Yes**
- **Quick solo lunch: Yes**

Bocconcini-Veggie Salad

Ingredients :

- 75 ml olive oil
- 45 ml lemon juice
- 15 ml Dijon mustard
- 45 ml minced fresh basil
- 45 ml grated Parmesan
- Salt and freshly ground pepper
- 2 tomatoes, quartered
- 2 yellow pepper, quartered
- 1 red onion, quartered
- 500 ml baby potatoes, cooked and halved
- 1 bunch asparagus, cut in sections and blanched
- 8 bocconcini, quartered (400 g)

Preparation:

1. Preheat barbecue to medium-high. In a large bowl, combine olive oil, lemon juice, Dijon mustard and basil. Salt and pepper to taste.
2. Brush dressing on tomato, pepper and onion then roast on grill until browned and soft, then cut into chunks.
3. Add Parmesan, potatoes, asparagus and Bocconcini to dressing. Add grilled vegetables to mixture in bowl. Toss lightly, adjust seasoning as needed and serve immediately.

THE ASSOCIATED PRESS

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4 sports

Canadian gives Venus a scare

Rebecca Marino takes American star to the limit in their first set

Canadian qualifier Rebecca Marino was left with mixed emotions after turning heads at the U.S. Open yesterday, giving American Venus Williams all she could handle in the first set before succumbing 7-6 (3), 6-3 to the third seed.

"It's a little disappointing but also exciting," said the 19-year-old from Vancouver. "I was super excited with the way I was able to go toe-to-toe with her.

"I'm just really happy with how I've done here. It's exceeded my expectations. I guess I can say I'm proud of myself."

Williams struggled early on a steamy, windy day before reeling off the last six points of a tiebreaker against the 179th-ranked Marino.

"Seemed like every time I had an opening she would hit a big serve," Williams said of the first set. "So I guess I know what it's like now playing myself.

"I was very impressed. She's got a good future ahead of her."

Marino had a 3-1 lead in the tiebreaker before Williams buckled down. The two-time U.S. Open champion responded with a cross-court backhand winner, followed by a forehand winner to get going and reach the third round at Flushing Meadows.

"To lose that was disappointing," said Marino. "She's a very experienced player.

"She definitely upped the level there."

Marino hit eights aces to Williams' four and notched 27 winners, three more than her big-name opponent. But she also made 23 unforced errors, almost double Williams' 12.

Marino was pleased when told of the compliments Williams gave her after the match.

"It's great when you hear another player compliment you like that," she said. "It definitely tells me I belong here.

"I would like to play high-level matches like this."

The six-foot Marino earned her first Grand Slam main draw victory Tuesday by defeating Russian Ksenia Pervak 6-4, 4-6, 7-5.

The Canadian's career money earnings coming into the Open were $78,309 US, compared to $27.3 million for Williams. THE CANADIAN PRESS

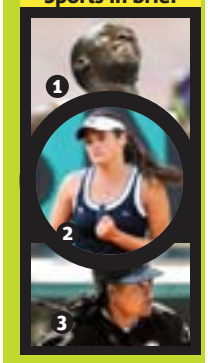
Player hurt

Victoria Azarenka collapsed and had to be taken off the court in a wheelchair yesterday, an accident that resulted from a concussion she endured after falling and hitting her head while warming up for her U.S. Open match.

NICK LAHAM/GETTY IMAGES

Rebecca Marino hits a return against Venus Williams.

Sports in brief



1 Usain Bolt said American sprint rival Tyson Gay "probably just hates my guts" because he has been so dominant.

2 Canadian tennis player Aleksandra Wozniak is taking the rest of the year off so she can recover from an injured forearm.

3 Manny Ramirez had a bloop single in his debut for the White Sox, a 6-4 win over Cleveland. THE ASSOCIATED PRESS

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Loss to New Zealand dashes Canada's hopes

Canada will make an early exit from the world basketball championship after stumbling to a fourth straight loss yesterday.

A 71-61 loss to New Zealand dropped the Canadians to the bottom of Group D with an 0-4 record. With no chance to move into the top two, Canada won't advance to the knockout round.

Canada closes out group play today against defending champion Spain.

The Canadians also lost to Lebanon, Lithuania and France earlier in the tournament.

"I feel like the last few games have taken a toll," Canadian coach Leo Rautins said. "It's like we were running in quicksand."

Canada was without one of its key players for part of the tournament as Andy Rautins, the son of Leo and one of only two NBA players on the roster, battled a bruised knee. THE CANADIAN PRESS

15
Jevohn Shepherd of Toronto led the Canadians with 15 points yesterday while Levon Kendall of Vancouver added seven rebounds.

Sports in brief

Kovalchuk deal gets more time

NHL. The NHL is taking a bit more time to decide whether it will approve Ilya Kovalchuk's latest contract with the New Jersey Devils.

The league and NHL Players' Association announced yesterday that the deadline for a ruling has been extended to 5 p.m. ET tomorrow.

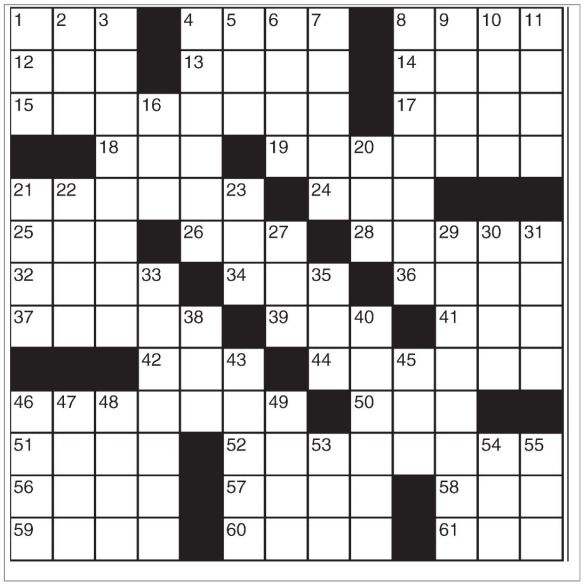
The Devils are seeking approval on a $100-million US, 15-year contract. THE ASSOCIATED PRESS

Canada may help out TFC

SOCCER. Canadian coach Stephen Hart says he will likely excuse three Toronto FC players from the national team's soccer friendly against Honduras in Montreal next Tuesday.

Dwayne De Rosario, Julian de Guzman and Nana Attakora are expected to see action for Canada in Saturday's game against Peru. THE CANADIAN PRESS

Crossword



Across

1 "— De-Lovely"
4 Scatters seeds
8 Oxen's burden
12 Grazing area
13 Noble gas
14 Five-star review
15 Joey, e.g.
17 Finished
18 Space
19 Poisonous plant with milky juice
21 Patsies
24 Atl. state
25 Maui memento
26 Second person
28 Opera's Dame Nellie
32 Grecian vessels
34 Use a crowbar
36 Timbuktu's country
37 Hardwood tree with small nuts
39 Retriever type, for short
41 A Bobbsey twin
42 Listener
44 Importance
46 Loot
50 Wildebeest
51 Rodgers collaborator
52 Finger woe
56 Advantage
57 Vicinity
58 Festive
59 Garden intruder
60 "Cheers" order
61 Away from WSW

Down

1 Sort
2 Afternoon social
3 Blood-red
4 Quick and lively
5 "— the ramparts ..."
6 Lumber
7 Hairnet
8 Dilemma
9 Volcanic outflow
10 It takes the cake
11 Existed
16 School of whales
20 Jewel
21 Organization
22 Present
23 Bribe
27 Web address
29 Tongue
30 Just so-so
31 "— She Sweet"
33 Having an aroma
35 Deviate off course
38 Possessed
40 Mendicant
43 Curative center
45 Hostel
46 "That's a relief!"
47 Stow cargo
48 Craving
49 Exceptional
53 Born
54 Author Fleming
55 Caustic solution

▶ Yesterday's answer

U	P	S		S	O	C	K		E	L	S	E
T	A	U		T	H	A	I		M	E	E	K
A	P	E		I	M	P	L	I	C	A	T	E
H	A	Z	E	L			O	N	E			
			S	T	E	T		D	E	B	T	S
I	M	P	L	O	R	E	S		S	L	O	E
N	I	L		N	E	R	O	S		O	N	A
D	R	U	M		I	M	P	L	I	C	I	T
O	A	S	I	S		S	H	E	D			
			S	E	A			U	S	U	R	P
I	M	P	L	E	M	E	N	T		R	O	E
F	E	T	A		B	L	A	H		G	A	G
S	W	A	Y		O	O	P	S		E	M	S

Sudoku

				6		1	4	8
1	8		2	3			5	
						6		
			3					6
3	2		6		9		7	4
4					2			
		8						
	4			7	1		8	9
9	3	5		8				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	5	2	8	9	7	4	3
3	7	9	1	6	4	5	8	2
8	4	2	3	7	5	9	1	6
7	2	3	5	1	8	4	6	9
5	8	1	4	9	6	2	3	7
6	9	4	7	2	3	1	5	8
2	5	7	8	3	1	6	9	4
4	3	6	9	5	2	8	7	1
9	1	8	6	4	7	3	2	5

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ScoopDog....as we drive down the road together, your velvet voiced singing is music to my parched ears. I look forward to our next Ft. Mac. sleepover!
CHACHING

My love Nav, thank you for giving me all the beautiful memories. The time i have spent with you was the golden time of my life and i will recall it for my entire life.
YOURS FOREVER, TINGEE XX

Babycakes, You're on my mind every minute of every day. Happy 2, 275, 200
LOVIES, MICHELINS

Andybear,I love you from the beginning til end, no matter what! You are my golden sunshine in my heart, Have a nice day, I love you!
YOUR GIRL FOR LIFE
ANGELA37

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 4° Max 21°	Min 6° Max 24°	Min 8° Max 22°

Andrew Schultz, Meteorologist
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It may seem as if your big chance has come and gone but it isn't true, and deep down you know it. Stop looking for excuses and start making things happen.

♉ Taurus April 21-May 21 You may be in a position to tell others what to do, but if you want to get along with them in the long-term you also need to take account of what they want to do.

♊ Gemini May 22-June 21 Your domestic situation will improve dramatically over the next few days as the Sun in Virgo – like your own sign ruled by communications planet Mercury, helps you to express yourself.

♋ Cancer June 22-July 22 The pace of life will move up a notch or two, or more, today and before you know it you will be hurtling along at speeds that are a little scary.

♌ Leo July 23-Aug.23 Life may be easy for you at the moment but don't think you can sit back and let the good things come to you. They will, of course, but you may be left with the uneasy feeling that you should have made more of your talents.

♍ Virgo Aug. 24- Sept. 22 Remind yourself that this is your time of year and that anything is possible. What will you get? That depends on what you are prepared to put in. Make the effort and you'll be rewarded.

♎ Libra Sept. 23-Oct. 23 What you think about today and tomorrow will become the mental blueprint for what you achieve when the Sun moves into your sign towards the end of the month, so keep your thoughts positive.

♏ Scorpio Oct. 24-Nov. 22 Today's cosmic alignment will bring you into contact with the right people in the right places at the right times. After that it's up to you.

♐ Sagittarius Nov. 23-Dec. 21 You don't always play by the rules, but today, and for the remainder of the week, you must play it by the book. Think of your reputation — it's the most important thing you've got.

♑ Capricorn Dec. 22-Jan. 20 Capricorn may be conservative by nature but you are willing to take the occasional risk, so long as the odds are in your favour. Don't hold back if you get a hunch of some kind today.

♒ Aquarius Jan. 21-Feb. 18 There have been a lot of upheavals in your life in recent weeks and you are not out of the woods in that regard yet. Fortunately, you view it all as a learning experience, which helps you cope.

♓ Pisces Feb. 19-March 20 The Sun in your opposite sign of Virgo restricts your ability to make your own decisions, but it's really no great hardship.
SALLY BROMPTON

Caption contest

WILFREDO LEE/THE ASSOCIATED PRESS

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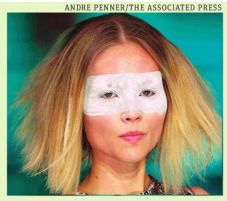
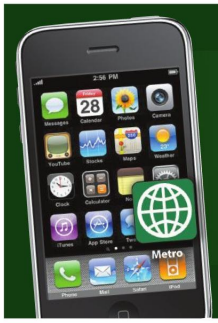
ANDRE PENNER/THE ASSOCIATED PRESS





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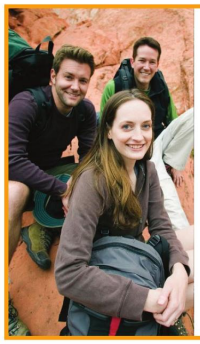

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